

Benefits of Quitting For All

Benefits of Quitting Smoking for All

Timeline 20 minutes	Pulse will start to return to normal
8 hours	Oxygen levels start to recover and poisonous carbon monoxide levels in your blood will have been halved
48 hours	All carbon monoxide is gone. Lungs start to clear out mucus. Sense of taste and smell starts to improve
72 hours	Breathing feels easier. Bronchial tubes have started to relax. Increased energy levels.
2 – 12 weeks	Blood will be pumped through heart and muscles better
3 – 9 months	Coughs, wheezing and breathing problems will have improved. Lung function improved by up to 10%
After 1 year	Risk of heart attack will have halved. After 10 years, risk of death from lung cancer will have halved

Benefits of Quitting Smoking for Teenagers

- You are less likely to get teenage acne, or if you already have it, it won't be as bad
- You can protect your appearance from signs of ageing – smoking makes you wrinkly
- Your teeth will stay whiter and cleaner looking
- Your clothes, hair and breath won't stink
- You'll have more money, now and in later life
- You'll have better concentration and focus
- Long term, you will be more relaxed and less stressed
- You can protect the environment, as tobacco production is harmful. It creates litter, pollution and deforestation
- You won't be falling for the marketing tricks of big tobacco companies who try to recruit young smokers